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and trained nurses against those who can now so easily claim the same position without the same training. If you form yourselves into an association, your position will be dignified and secure. You will all agree with me that it is not enough for us as individuals to work for our individual welfare.

So I urge you to associate yourselves into clubs, no matter how small, in every town where there are two, three, or more of you; then let these clubs federate. Discuss and decide just what you want to ask of the legislature, and have some lawyer friend help you formulate your bill, so that there may be no mistakes or confusion of ideas. You will be sure ultimately to get what you earnestly and worthily ask, and you will be amazed and encouraged to find how your horizon will widen and your possibilities as an organization increase. Seize your opportunity now. Opportunities are gifts from heaven, and we should not lose one.

FORMALDEHYDE AS A DISINFECTANT

THERE is one important point in room disinfection which is not generally considered even by those with knowledge, and that is that fumigation with a gas like formaldehyde does not cease its good work when the room is again occupied. It is absorbed to a certain extent by most surfaces, especially clothing, paper, and varnishes, and so continues to act upon germs already there and such as may come later for some time. It is well established that a weak disinfectant acting for a long time is frequently as effective as a strong one acting a short time. The presence of formaldehyde has been found on the surface of walls for weeks after they have been exposed to it. Hence the failure of substances to be sterilized at once is no proof of lack of action of a disinfectant in a room. In the same line the writer has seen most remarkable results follow the occasional use of weak solutions of formaldehyde on the floors of schoolhouses—solutions so weak that they gave no disagreeable odor. Infectious colds and other dust-borne diseases were much lessened among the scholars. We believe that the occasional use of such solutions on floors and surfaces in dwelling houses as well as public buildings would do a great deal towards improving public health.—*Bulletin N. C. Board of Health.*

“I HAVE but one lamp by which my feet are guided, and that is the lamp of experience. I know no way of judging of the future but by the past.”—*Patrick Henry.*